

QC

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There is nothing scary about making monster cookies **P.20**

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Standout gardens from a tour of Ireland **P.22**

**ARTHUR
SLADE**

FRIGHT DELIGHT

WHY WE LOVE TO HATE
THE THINGS THAT SCARE US
P.4

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#CARBON DEMMANS

Saskatchewan can be a strange place

I love strange things

That does not mean that every thing I love is strange. In order to avoid misinterpretation from family members, I should clarify that my relatives are relatively normal. However, many things in Saskatchewan, past and present, are strange and I find them fascinating.

My latest book describes 248 strange things about Saskatchewan, and is titled, unsurprisingly *Strange Saskatchewan*. It is the third book of original cartoons that illustrator Justin Sylvester and I have produced about Saskatchewan.

Many people think that Saskatchewan is boring, but Jason and I disagree. We view it as hilarious, as shown in the two volumes in our *You Might*

Be From Saskatchewan II series. *Strange Saskatchewan* is also funny, but it is also true, and the cartoons range from an explanation of why farmers found rolling cattle corpses in front one spring, to the curious connection that a pre-warmer, a Playboy magazine of the 1960s, and the Prince of Wales have to Saskatchewan.

People may wonder why we decided to do this book in cartoon form. I have written comic strips and single-panel cartoons for more than 30 years, and have made more than 1,500 sales to more than 38 different syndicated features, including such well-known ones as *Dennis the Menace* and *Splash* Fox. I have cartooned I am also lucky enough to work with

an artist who can draw virtually anything, and has 30 years of experience doing everything from commercial art to self-published comic books to caricatures of people while they eat! If you came to one of our book signings, such as *Word on the Street* or one of our in-store appearances, Jason will even draw a free cartoon for you in the blank pages at the end of the book.

Plus, we heard that a guy named Ryley did pretty well for himself with the strange-but-true cartoon thing.

Strange Saskatchewan is available for \$14.95 at each retail book store in Coles, Indigo, Chapters and McNally Robinson. It is also available online at amazon.ca. I also rec-



Jason Demmans left and Justin Sylvester, author and illustrator of *Strange Saskatchewan*. QC-WATSON/108/FLUKE

ommend you check out our book, as well as a great selection of books by other Saskatchewan authors at SR Books and Collectibles in Regina.

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Arthur Clarke, who has written horror books for young adults for a half-century, poses for photographer Sophie Ang when he says "the most frightening is the thing behind the door" the thing you can't quite see. **CLARKE BY SOPHIE ANG**

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FASHION P. 13



Kassandra McKelborough says her favorite item is a black dress she bought at the 90s. **CLARKE BY SOPHIE ANG**

QC COVER PHOTO BY LIAM RICHARDS

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ON THE COVER

It seems so easy to write about some normal event and twist it a little bit to make it into a supernatural event. — Arthur Slade

#HALLOWEEN

Fear for fun is a natural human interest

By Ashley Martin

Wart Bensen is trespassing. He's not supposed to be trespassing the halls of the Stroudborough Hotel, so he's on edge — not to mention he's searching for a ghost boy. That is 1936 Saskatchewan, and 12-year-old Wart has been thrust head-on into the hotel alone for Wart slowly opens the door to a room he hopes is sacred. The hairs on his neck bristle as he recognizes being *found out*. There's a rustling, a bang, flickers, and a big scary guy "helps."

When Arthur Slade was 13 years old, he read his first Stephen King book.

It wasn't his introduction to the horror genre — he'd read Ray Bradbury before that. When Slade was growing up in southwest Saskatchewan, a lumbering Prankster was the most terrifying monster he encountered during mask parades of late-night horror movies on television.

"Someone who's seven or eight years old that was pretty scary to me," and the Saskatchewan author "I just couldn't turn away from them even though they'd sometimes give me nightmares."

He didn't watch them often, but the memories of the films stayed with him.

When Slade began writing horror (because he "wasn't good enough to be a heavy metal guitarist"), horror was a natural fit along with science fiction and fantasy.

"It seems so easy to write about some normal event and twist it a little bit to make it into a supernatural event," said Slade.

He's written nearly 30 books about half of them horror tales for youths, books whose plots include ghostly happenings in a Moose Jaw school, alien in B.C., and ghosts at the Bessborough.

He tries to subtly build a scare and avoid the "obvious gross-out."

Something like Psycho, which is the psychological thing that slowly



Now Carlson at a University of Regina psychology professor has used scary movies to study people's reactions to traumatic situations. (L) HELEN EY/STAR MEDIA

slowly, slowly builds, and actually it's a much more powerful reaction you have when it resonates that you're unsettled as you're watching it.

"I want them to make me believe that whatever's happening could

really happen and then it becomes much more frightening," said Slade. Crafting horror fiction takes a fine balance.

Stephen King talks about the thing that is the most frightening

is the thing behind the door," which becomes much less scary with over using details, said Slade.

"The writer's goal is to try to make it frightening without describing it too much and yet not

making it so grey that you don't know what's going on... Your imaginations can imagine all sorts of really horrible things and if you're able to picture that feeling, then you're succeeded."

I don't think we like fear unless we are pretty sure that we're actually safe.
— Nick Carleton

The handle of an ice pick serves as a splint for Billy's leg, broken during her crash in the bottom of a cave shaft. The splinted hole is jolting through the ribs, but the Outside have had to improvise a fix. A rock had been thrown their way under ground expedition onto a nightmare. They're trapped deep inside the Apolokaban Mountains, searching for a way out of an unmapable cave, and Sarah finally she saw a man in the dark — and it's a dark, sure for their individual breakdowns. The night is not function on Billy's radio camera provides some clue as to what's in the dark. During female breathing which travel to take next, a seventh figure enters their bubble. The bright, sharp-headed figure jumps to take a bite. It screams up the roof of the cave, waiting to catch the group.

Being trapped inside a cave isn't scary enough, being prey to evolved, over-man animals is infinitely worse. Neil Marshall's *The Descent* is one of those horror films that makes you squirm in your seat, cover your eyes, shirk at the screen.

This is why it was chosen for a 2008 University of Regensburg experiment. It was part of a research study to determine if anxiety is related to brain.

The scary movie served as an analogy for a traumatic situation and victims watched the film and were measured physically and emotionally before, during and after the screening to give an idea of how they're reacting to the experience.

Now in security "right now is the present," said Nick Carleton, a U of R psychology professor and co-director of the Anxiety and Stress Behaviour Lab. "In the last we've considered to the woods. It's when Chucky is standing right in front of us, getting ready to attack us. Anxiety on the other hand, is knowing when I open the door, Chucky might be in the living room, waiting to attack me."

The hope for the experiments was that they could contribute to treating and treatment to help make people (emergency workers, animal victims and accident victims) less or simply more resilient in the face of



James Leavelle in *Marion Crane* in Alfred Hitchcock's *Psycho*. The movie inspired the suspense builds and builds says writer Arthur Siskel.



Stephen King (below) wrote *The Shining*, which was made into a movie starring Jack Nicholson (above). Drafting the kind of horror fiction King writes takes a little brains, Arthur Siskel says.

real-life trauma, and Carleton and his research team did their study with two different films — 1960's *The Descent*, about a group of women who are pursued in a cave by flesh-eating creatures, and 2011's *Grave Encounters*, about a reality TV crew filming inside an abandoned mental hospital.

"We prefer movies when you are survivors because we're trying to study what happens when things go wrong," said Carleton. Both films have storylines unlikely to occur — a penetration to not retransmit the research subject.

Watching a scary movie for science is one thing, but why watch just for "fun," as 1.3 billion people have done in theaters in the last five decades?

"It really is that whole sense of being unusual in a situation that is very frightening and being able to experience it and then survive it," said Siskel. "You come through it in kind of a cathartic form, all that, you feel much more alive."

"I don't think we like fear unless we are pretty sure that we're actually safe," Carleton offered.



Continued on Page 4

I had much more tolerance for [fear] when I was younger than I do now that I'm older, and I don't know what the difference is. —Stade

From ghost stories to carnival rides, anxiety is a prerequisite for fun when fear is involved.

You might like going on the Drop of Doom, but you would probably love it far less if somebody simply pushed you off the top of a 13-story building," said Carlsberg. "The sensation, at least at the beginning, is probably the same... but the end is quite different."

Just like, when you're watching a scary movie, you can pause or lower the volume and tell yourself it's not real.

The film induces fear: being locked in a room with a stranger, ordered to kill him or your family would do the process of the film would also induce fear, but "my guess is no one would like that fear experience," said Carlsberg.

"That's why we enjoy things like horror movies. It's also part of why we enjoy Halloween. You get that brief sensation of fear followed by the delight that you're actually quite safe."

It's like when a deer runs across the highway and you miss hitting it, said Stade. "After that there's a bit of satisfaction... but nothing bad has happened, I survived."

"There's something about surviving the experience... You get to escape before the fright, which is the same as riding around in one of those haunted house carnival rides, except when you get off it, you're fine," added Stade.

I had much more tolerance for it when I was younger than I do now that I'm older, and I don't know what the difference is."

...

Her long black dress, her big green nose, her snickling laugh and creaky voice: she has a legion of flying monkeys and mischievous tricksters, get saving a girl and her magic friends in a field of poppies.

The Wicked Witch of the West has inspired nightmares in children for decades. But Charlotte Book, who is almost three years old, isn't afraid of her.

Paging through her copy of the latest Wizard of Oz book, she explains the story. When she gets to a drawing of the puddle of witch, she quotes "Look! I'm melting! I'm melting!"



Patrice Book made his daughter Charlotte. While many kids are afraid of what might lurk in the dark, Charlotte is pretty fearless. GC Photo by Peter Russell

It's not really that we're super encouraging it, it's just we are kind of letting her guide what she's interested in.
— Colleen Book

Charlotte seems to have an first glancing curiosity at the TV screening Douglas Laemmle and Johnny Depp's recent *Willy Wonka*, a Tim Burton film that would give a grown woman pause.

Charlotte is an 11-year-old, on her Halloween costume suggests her favourite story of all is not about witches. "It's carps and we'll be like you when I'm dead!" said her dad, Patrick.

The Halloween episode of *Kids' Choice* where Yvonne Gubins played the aunt for Charlotte is a spooky show, and a year and a half ago.

"I don't know if she just liked the word, or if she liked the flying bats or whatever, or the things in that episode and she started saying the word Halloween constantly," said Patrick.

Then at the bookstore, they found *Alvin Schwartz's In A Dark, Dark Room*, which became Charlotte's favourite book.

"I read it to her as a spooky verse," said mom Colleen, which is maybe why she liked it so much. Patrick speculates.

"That one was probably the first really creepy book, and she memorized it," said Colleen. "She'll read it out loud to herself — obviously not exact words but she knows the stories and she does her own spooky verses."

"It's not really that we're super encouraging it, it's just we are kind of letting her guide what she's interested in," added Colleen.

Charlotte says witches are "just pretend." She says she's not afraid of anything.

But the toddler did have a short-lived fear of the dark like last month. It "coincided with her having an increased focus on imaginative play," said Patrick.

Continued on Page 8



Shaina Macdonald stars in 2009's *The Doctor*, which was screened as part of a University of Regina study on fear and trauma.

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The more uncertain I can make you about whether or not the monster's actually going to get you... probably the more fearful you're going to be. — Carleton



A selection of horror books for young adults written by author Slade. GC PHOTO BY LUAN FICKESMAN

"I think as she's been more active with her imagination... she'll just kind of look in the dark closet and get spook and kind of anxious and she'll want one of us to go check it out."

Children dream more than adults do, which allows them to "look and watch parts of reality," said Carleton. "When we're younger reality is less clearly defined, it's why we can engage in imagination play."

As children learn the difference

between dreams and reality, "Over time I think [being scared] becomes more of an entertainment thing for us," said Carleton.

Slade's six-year-old daughter, Tawny, is usually unfazed by the idea of monsters — although he and wife Brenda Baker keep Tawny's bedtime stories pretty tame.

"Like any child, she's interested in death — not in a bad way, but just kind of curious about it," said Slade.

"It kind of surprised me how much she knows about Dracula and about werewolves and how fascinating all these sorts of things are to her — at least during the day they are."

In reading to other children, Slade has noticed kids have "a natural interest in monsters."

"They want to understand what these monsters are and monsters are almost fun in a way at that age," said Slade. "They're almost cartoonish

and I guess as you get older, you get into the more gory stuff."

Carleton says fear comes from us, certainly.

"If you're not particularly bothered by the serial killer hacking you to bits, it's probably that you feel a certain amount of certainty that that's not likely happen, or that someone could be able to manage the situation," said Carleton.

But "if you are particularly bothered

by the idea of a supernatural creature, ephemerally passing through the wall and strangling you in your sleep," maybe you're not as sure that couldn't happen.

"The more uncertain I can make you about whether or not the monster's actually going to get you — probably the more fearful you're going to be."

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ON THE SCENE

ALZHEIMER SOCIETY OF SASKATCHEWAN'S NIGHT TO REMEMBER FALL GALA

For The Mikersons-Sons, a fairly common-made the chance to play at the Midformer Society of Saskatchewan's Night-to-Remember Fall Gala, at the Casino Regina Show Lounge on Oct. 22 this year.

The mother of band members Mickey and Ron Napchay, who passed away last year, had Alzheimer's disease. The mother of the band's drummer Tony Snake, teaches it, too.

The event, which included live and silent auctions, raised approximately \$100,000 to support research programs and services for people with dementia and their caregivers and social care.

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ON THE SCENE



1. Ian and Laila Rios

2. Jennifer St. Onge and Andy Dyck

3. Pam Batschewski and Cathy Winsor

4. People look at the silent auction items

5. Dianne and Kevin Russell

6. Jerry and Cindy Kasten-Orben

7. Gerald Vaggas and Amanda Bevan

8. Martin and Evelyn Hopkins

9. Annette and Uta-Rosalia

10. Melanie and David Boudart

11. Asha Ramoo, Jerome Wehappala and Delphine Muscupia

12. Candice Infante and Joanne Pope

13. The tables are set and ready for the event to begin



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IN THE CITY

OCTOBER 25, 2015 — 3:02 P.M.

The hills are alive



Miss Deheeler: Captain Georg von Trapp and Elsie Schneider are portrayed respectively by Colin Johanson (centre) and Brock Lumbard (top) and Mikissa Grande (right) during a performance of The Sound of Music held at Luther College High School in Regina. (Lorenz/Postmedia News)

FASHION

#SASKATCHEWAN FASHION

'A little bit tomboy, a little bit sexy'

By Sean

Tremblath

When Kassandra McLebrough wakes up, she doesn't know what her day's ensemble will be. But other than one other, she hits the Internet for ideas. "I get inspiration from Instagram. That's where I get my outfit inspiration for the day," McLebrough says.

Her dark lipstick is a perfect example. She saw Khloé wearing a similar shade and had to try it out. The retail worker calls her style "a little bit tomboy, a little bit sexy." She used to sacrifice comfort for beauty, but has since relaxed a little.

"Now I do laundry dress more for comfort, especially with shoes," she says. Her favorite fashion era is the '90s. Finding clothes that fit the one takes some work, but McLebrough says it's worth it.

"I haven't shoo a lot. I get a lot of hand-ins, downs as well from my friends and even my mom," she says. She is fixated with her clothing combinations. Anything can go with anything else on the night day. "I'm definitely a mix-and-match," McLebrough says.

One of the most important factors is what she is up to. A trip to a coffee shop calls for a completely different act-up than a night on the town.

"I definitely wear my outfit to where I'm going that day," she says.



"I would call this street style. It's a little bit more modern with the touch. — Kassandra McLebrough

- 1 **HAT** "I actually got it at a dollar store in Vancouver. I wear this hat a lot. Hats are my favourite accessory."
- 2 **SHIRT** "Hot and Ate." — She says this is an example of a piece she will wear in a variety of outfits. "I would definitely wear this shirt with high denim pants as well."
- 3 **MESH TOP** Topshop
- 4 **PANTS** Free People
- 5 **SHOES** "Maternal Girl." — "These are the kind of heels I wear. Comfortable, chunky heels."



EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Oct. 28

Wednesday Night Folk: The Divine Nine
Singer-songwriter **Autumn Shawana**
Featuring: Neil Child, Rebecca Lacoue, Dustin Ritter, Roper Hinchcliffe, David Crues, Isidoro Jude Miller, Dorian Forbes, Trent Leggett and Mark Wilson
Bushwacker, 2206 Dewdney

The Alley Owls
Lisakids, 2330 Albert St.

The Wild
McNally's, 2226 Dewdney Ave.

Thursday, Oct. 29

Live music
Fat Badger, 1652 Scotch St.

Kasaka
8 p.m.-2 a.m. The Spg, 306 Albert St.

Live on 116.1 FM Local 1
Artful Dodger, 1631 15th Ave.

Motion2 Ensemble
7:30 p.m. Sho-Box Theatre, U of R
Hidell Centre

Johanny McGraw
McNally's, 2226 Dewdney Ave.

Friday, Oct. 30

Live music
4-7 p.m. Monarch Lounge, Hotel Sas-
katchewan, 2325 Victoria Ave.

Weekly Drive Clinic
Instruments provided
7:30-9 p.m., The Living Spirit Centre,
2307 Down Dr. Call Mike, 306-550-
3916.

Kasaka
8 p.m.-2 a.m. The Spg, 306 Albert St.

Be Back Live then **and The Steves**
Martin Carling Club, 1484 Broadway
Ave.

Halloween Pre-Party & MYLA EP
Release Party with Dis 2Bents &
Penish Cae
1800 pm, Mervyn, 2538 15th Ave.



Big Super is part of the Halloween Afterglow at the Sound Stage Saturday night.

Van Vulture Trio
Lamson, 4529 Gordon Rd.

F.O.U.D.O.O.
McNally's, 2226 Dewdney Ave.

Alice Runnels
El Dorado, 3300 Dewdney Ave.

**Phob Post and The Hip Hop Hip-
sters**
O'Hanlon's, 1847 Scotch St.

Saturday, Oct. 31

Big Bad River
8 p.m. Broadway's Lounge, 1307
Broadway Ave.

Live music jam
All types of music welcome. Hosted
by Croft Kintzaro
4-8 p.m. The Spg, 306 Albert St.

Kasaka
8 p.m.-2 a.m. The Spg, 306 Albert St.

Alice Runnels
El Dorado, 3300 Dewdney Ave.

Halloween Howl
Featuring Big Super, Trappenzier,
Leahy Coburn, Dangerous Cheese
and Co-Baby Daddy
Sound Stage, 1831 College Ave.

Julius Priest
Snodt Centre

F.O.U.D.O.O.
McNally's, 2226 Dewdney Ave.

Carlo Petrovitch
The Capitol, 1843 Hamilton St.

Brian Thompson Trio
Lamson, 4529 Gordon Rd.

Spellbound
The hits of Eric Clapton played by
Johnny Wright, Lorne Pawlicki, Tony
Martin, Jon Young, Rhonda Tapke,
Loren Combs
The Artisan, 3627 12th Ave.

Underground Sound
Artful Dodger, 1631 15th Ave.

The Titled Kitts' Celtic Halloween
Bushwacker, 2206 Dewdney

1-800-ROCK
9:30 p.m. Lamson Hotel and Steak
Ht.

Sunday, Nov. 1

Roberts & Beyond
For Sonnet
3 p.m. Krista McInnis Hall, 2342 Victoria Ave.

Open jam
3-6 p.m. Mojo Club, 619 Victoria Ave.

The Millhouse Poets
7:30 p.m. Moja House, 1010 Paisley
St. N.

Kasaka
8 p.m.-2 a.m. The Spg, 306 Albert St.

Steve Hill
The Exchange, 3431 8th Ave.

Monday, Nov. 2

Monday Night Jazz & Blues
Bushwacker, 2206 Dewdney

Kasaka
8 p.m.-2 a.m. The Spg, 306 Albert St.

Open Mic
Artful Dodger, 1631 15th Ave.

Tuesday, Nov. 3

Acoustic music
Rebel, 1601 Dewdney Ave.

Kasaka
McNally's, 2226 Dewdney Ave.

Cat's Paws
The Capitol, 1843 Hamilton St.

Kasaka
Artful Dodger, 1631 15th Ave.

Val Halla and The Accomplish
O'Hanlon's, 1847 Scotch St.

VISUAL ART

Reenie Press: Vital Vitality
The artist explores her fascination
with the human body by returning
to an exploration of the human single
figure and ground portraits.
Nov. 2-27: Hager Gallery, Creative
City Centre, 1843 Hamilton St.

Dagmara Senial: Meeting the Bunk
In London, Polish-Canadian artist
Dagmara Senial took hundreds of
photographs of one common laund
hodge that was sculpted into a rec-
tangular form. The resulting collage
artwork explores attempts to civilize
and control nature.
Until Nov. 4: Bunking Art Gallery -
Sherwood Village Branch, 6325
Westdale Blvd.

Zachary Legum: Wunderkammer
Until Nov. 7: Slate Fine Art Gallery,
2076 Hellos St.

**Barbara Menzies: Keeping the
Tower**
The artist records herself "dis-
tinguishing" cloaks of books to look for
her wayward, snaking herself off from the
world. Trapped behind this barrier
of endless books, Menzies literally
digs into the words on printed pages
in an effort to find freedom in the text.
Until Nov. 14: Danville Art Gallery
McArthur - Central Branch, 2378-
12th Ave.

**Melody & rearing: & Mary Lynn
Frederick: Art Jewelry**
Until Nov. 21: Make Gallery, 106-2300
Broad St.

**Rebecca Powell: (Re)Facing the
Camera**
This exhibition provides the viewer
with 200 portraits of indigenous
artists and customs "fused" in the
middle of these black and white
portraits are images of a human soul
small canvases that evoke the family
values of Powell's childhood.
Until Nov. 22: Mackenzie Art Gallery,
3415 Albert St.

EVENTS

Edition Addition 2

A standing order is sent to all government collection points (edition numbers 31-35) by artists including Amy Warner, Mary Pratt and Shavina Johnson. The edition number is a bit of a puzzle, a unique identification tag for something that is not unique, making the print's owner only somewhat special.

Until Nov. 30, Mackenzie Art Gallery, 3475 Albert St.

Tied! Neurobiology Mood

Photography and artworks inspired by the artist's battle with mental illness.

Through November. Artful Dodger, 6581 11th Ave.

Zachary Legros & Nathan (History of Unwashed Things)

Exploring the intersections between masculinity, identity, memory and place through drawing, ceramics and installation.

Until Nov. 27. Art Gallery of Regina, 2420 Saskatchewan St.

Jennie Gleason's Polynesian Dance

Performers laye local artist.

Until Nov. 30. Regency Centre Crossing, 1021 Albert St.

Love at First Sight

Explore the collection of Drs. Martin and Joseph Skramlowski. Highlights of the exhibition focus on their collection of mail, work, and vintage Canadian art that began in 1954.

Until Jan. 3. Mackenzie Art Gallery, 3475 Albert St.

Canadian Authors Colour and Place

Group exhibition illustrates fall.

Until Jan. 31. Regency Centre Crossing, 1021 Albert St.

Available Gallery

2505 Smith St.

Open Tuesday to Friday, 10 a.m. - 5:30 p.m., Saturday 10 a.m. - 5 p.m.

Neurology Ground

303-1856 South St.

Open Tuesday to Saturday, 8 a.m. - 5 p.m.

Photo Deal Art Gallery

Photographs indigenous visual art practices, culture and history found in the province of Saskatchewan, Canada and globally.

Monday-Friday, 9 a.m. - 4 p.m.

First Nations University, 171st Nations Way

COMEDY

The Laugh Shop

Live standup every Saturday night, 9:30 p.m.

Riviera Hotel, 805 Victoria Ave.

Onyx/Regen

Nov. 3, 8 p.m.

Cosmo Regency Show Lounge

1880 Saskatchewan St.

PERFORMANCE

The Rocky Horror Show

Oct. 29-29, 8 p.m.

Conventio-Hall, Canoe Arts Centre, 200 Lakeshore Dr.

Alice in Wonderland

Do it with Class Young People's Theatre

Oct. 28-30 7-9:30 p.m.

Oct. 28-29, 12:30 p.m.

Darke Hall, 2035 College Ave.

Hell One-Arte Cabaret

Regina Little Theatre

Oct. 30-31. Regency Performing Arts Centre, 1077 Angus St.

Hoch Center's The Holiday Sweater

Storytelling presentation and Regina Symphony Orchestra performance.

Nov. 1, 2-4 p.m. Mackenzie Art Gallery, 3475 Albert St.

Never Again Alone

A satirical piece focused around a combative debate between two business start-up men, officiated by a lovely girl in the west. A Garden Apple Theatre production.

Nov. 3-14, The Artspace, 2627 13th Ave.

DANCING

Scotch Whisky Dancing

Call 306-766-2827 for more information.

Wednesday, 6:45-9 p.m.

Victoria Club, 1000 Victoria Ave.

Salsa Dancing

Oct. 28, 5-7:30 p.m.

Canoe Arts Centre, 200 Lakeshore Dr.

Square Dancing

Learn to square dance. First two nights free.

Thursday, 6-7:30 p.m.

St. James Anglican Church, 1005 Empress St.

Oklahoma!

Hosted by the Mosaic One Club of Regina. Featuring music by Van Halen and The Police. \$15.

Oct. 30, 8 p.m. - 12 a.m.

Regina Regency Centre, 2034 Winesap St.

Continued on Page 16

DR. C. TALUKDAR,

F.R.C.P. (Edin.), F.R.C.P.C., D.A.B.P. (USA),
F.A.A.P., D.C.H. (Glasgow), L.M.C.C., M.B.B.S.,

(a General Pediatrician with Special Interest
in Pediatric Dermatology),

is pleased to announce that

DR. ABIMBOLA ADEBIMPE OYENUBI,

M.B.B.S., M.R.C.P., M.R.C.P.C.H., F.R.C.P.C., (a General
Pediatrician), is joining his practice on October 26, 2015.



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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

Contemporary Singles Social Club Dance
Oct. 30, 8:30 p.m.-1 a.m.
Eggle's Club Hall, 5000 Haultain St.

Regina Ballroom Dancing Club Practice Dance
Oct. 31, 10:30-10:45 p.m.
Lakeland United Church Hall, 3200 McCollum Ave.

Halloween Cabaret
DJ, best costume prizes, silent auction, Fundraiser for Regina Palliative Care. For tickets: (\$5), call 395-5331-5773
Oct. 31, 8:00pm Memorial Hall (10 minutes east of Regina on Highway 30)

Microzer Mash for MS
Dance party upstairs, karaoke and food downstairs. Prizes for best costumes. \$20.
Oct. 31, 6 p.m.
German Club, 1177 St. John St.

Contemporary Singles Halloween Dance
Oct. 31, 8:30 p.m.-1 a.m.
We We Shoppers Hall, 2065 Hamilton St.

A Few Kitz Halloween Party
Oct. 31, 9:30 p.m.
The Exchange, 2431 6th Ave.

Ladies Lounge
Nov. 2, 6:30 p.m.
Artful Dodger, 1631 18th Ave.

SPORTS

Women's volleyball
U of R Cougars vs. UBC
Oct. 30, 6 p.m.
U of R Centre for Kinesiology, Health and Sport

Women's hockey
U of R Cougars vs. UBC
Oct. 30, 7 p.m. Co-Operators Centre, Evans Place

U of R Rams vs. Seak
Oct. 30, 7 p.m. Muskeg Stadium

Regina Pats vs. Moose Jaw
Oct. 30, 7 p.m.
Anand Centre, Evans Place



Stirling Productions presents the Rocky Horror Show at the Conexus Arts Center through Thursday. stirlingproductions.ca/rockyhorror

Men's volleyball
U of R Cougars vs. UBC
Oct. 30, 7:30 p.m.
U of R Centre for Kinesiology, Health and Sport

Women's volleyball
U of R Cougars vs. UBC
Oct. 31, 5 p.m.
U of R Centre for Kinesiology, Health and Sport

Men's volleyball
U of R Cougars vs. UBC
Oct. 31, 6:30 p.m.
U of R Centre for Kinesiology, Health and Sport

Women's hockey
U of R Cougars vs. UBC
Oct. 31, 7 p.m. Co-Operators Centre

Regina Pats vs. Swift Current
Nov. 1, 7 p.m.
Ramsdell Centre, Evans Place

FOR FAMILIES

Stars and Strangles
Wednesday, 7 p.m.
Cineplex Odeon Southland Mall,
3025 Garden St.

Microzer Mash Family Dance Party
Costumes welcome! Family dance party at the RSM. Featuring DJ Jensen, specialty activities and enjoy. Family Fun! \$5.
Oct. 30, 6:30-8:30 p.m.
Royal Saskatchewan Museum, 2445 Albert St.

Build and Grow Clinic
Build a special Friends project. For children age 5 and up.
Saturday, 10 a.m.
Lewes, 4595 Garden St.

Michaela Kade Club
Saturday, 10 a.m.-noon

2011 Prince of Wales Dr

Family Favourites Film
Enjoy a favourite film for \$2.50.
Saturday, 11 a.m. Galaxy Cinema,
420 McCarthy Blvd. N.

Family Activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Family Studio Sundays
Sunday, 3-5 p.m.
MacKenzie Art Gallery, 3475 Albert St.

Super Sunday Movies
A different family movie each week.
\$2 per person. Snacks available for purchase.
Sunday, 2:30 a.m. Royal Saskatchewan Museum, 2445 Albert St.

Science Time for Kids
Interactive workshop aimed at early

Isaiah's
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Dragon crafts and games
Free event for youth aged 9-18. Tuesday, 4-6 p.m.
Eastview Community Centre, 515 5th Ave.

MUSEUMS

Black Museum Features Exhibit
Explores some of the massives and chilling pieces from the RCMP Historical Collections including evidence gathered from some of the most infamous cases of Canadian crime. Exhibition runs until Oct. 31. Open 11 a.m.-5 p.m. daily.
RCMP Heritage Centre, 5907 Davidson Ave.

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

Alan Vack School Museum
1600 42nd Ave.
Tours by appointment only (306-328-3000)

Government House Museum & Heritage Property
4402 Dewdney Ave.
Open daily 9 a.m.-5 p.m.

Regina Firefighters Museum
1345 Ross St.
Tours by appointment (306-777-7794)

Regina Floral Conservatory
1630B 4th Ave.
Open daily, 1-4:30 p.m.

Royal Saskatchewan Museum
1345 Albert St.
Open 9:30 a.m.-3 p.m. daily

Saskatchewan Science Museum
1600 Elphinstone St.

Open Monday and Thursday, 7-9 p.m., or by appointment (306-347-9340)

Saskatchewan Science Centre
2903 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays, noon-6 p.m.
Closed Monday.

Saskatchewan Sports Hall of Fame
2200 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m.,
Saturday noon-5 p.m.

OTHER HAPPENINGS

Q&A: 10th Milewalk Sale
Fundraiser for hospital medical equipment
Oct. 28-29, 9 a.m.-6:30 p.m.

Peace Hospital front entrance, 4401 Dewdney Ave.

RCMP Sergeant Major's Dinner
Wednesday, 12:45 p.m.
RCMP Depot Division, 5600 17th Ave.

All Nations Healthy Thru Arts
Learn to play music, dance and perform in free arts-based workshops; cultural teachings and employment workshops. For people ages 13 to 22 on a budget.
Wednesday-Monday and Tuesday, 5-7 p.m. (supper 4-5 p.m.)
YWCA, 1940 McIntyre St.

Right to Know
Discussion on Journalism and Government Perspectives featuring journalism professor Patricia Elliott, deputy justice minister Iwan Rowe, CBC reporter Geoff Lee and LeaderPost columnist Murray Mundy.

Oct. 28, 5-7 p.m.
U of R College Avenue Campus, College Building near 136

Living Organically: Full Speaker and Wine & Cheese
Paul Hanley discusses his book *Wine, about how the planet will sustain 10 billion people by the end of the century*. Chef Melissa Brito will pair local wines and cheeses.
Oct. 29, 5-10 p.m.
Regal Saskatchewan Museum, 2443 Albert St.

Squash
Lynn Poppy will speak about the many varieties of squash, headed by Regina Horticulture Society 55.
Oct. 29, 7 p.m.
United Way, 1440 Scarth St.

Halloween in Life Drawing
Drawing session featuring make-up effects by Emerson 2Bills. \$12.

Oct. 29, 1-6 p.m.
Creative City Centre, 844 Hamilton St.

Does Humanity Have a Future?
A talk by author Paul Hanley.
Oct. 30, 7 p.m.
Rural Community of Regina, 2900 15th Ave.

Regina Farmers' Market
Saturday 9 a.m.-1 p.m.
Via Via Farmers Hall, 2560 Hamilton St.

Fabric, yarn and more sale
Fundraiser for Grandmothers & Grandfathers, supporting African grandmothers raising grandchildren orphaned by AIDS.
Oct. 30, 10 a.m.-3 p.m.
TalePioneer Activity Centre, 2106 1st Ave.

Continued on Page M

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EVENTS

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Send events to QC@leaderpost.com

Crufi Sale

Oct. 31, 10 a.m.-3 p.m.
Christ Lutheran Church, 4823 Dewdney Ave.

Harvest Bake Sale

Home baking and preserves, used books, ornaments and jewelry for sale. Refreshments available.
Oct. 31, 1-3:30 p.m.
St. Mary's Anglican Church, 3337 12th Ave.

Recess and Bake Sale

Now 1, 10 a.m.-3 p.m.
Holy Child Parish, 3436 7th Ave. E.

Real Super

See the Children Canada fundraiser.
Call 306-545-1456 or 306-545-6693 for tickets.
Now 1, 5-30 p.m.
Victoria Club, 1300 Victoria Ave.

Used Book Sale

Now 3, 9 a.m.-5 p.m.
Now 3, 9 a.m.-6 a.m.
Pinnacle Hospital, 4301 Dewdney Ave.

Bridge Lessons

Learn to play bridge or improve your game. Call 306-180-7044 for more information. Mondays, 6-30 p.m. 349 Albert St.

What for seniors

For more information call Mary 306-709-5662 or Paul 306-1789-1386.
Tuesday, 5-30 a.m.
East sanctuary, Living Spirit Centre, 3018 Doun Dr.

Chessday Challenge

Drop in for a challenge of board game enthusiasts.
Tuesday, 6 p.m.-midnight
Barton Public Hall, 343 Albert St. N.

FILM**What We Do in the Shadows**
Comedy

Four ancient vampires sharing a dingy modern-day New Zealand flat bicker over chores and go slacking. Armed with crucifixes for their own protection, a documentary crew chronicles the daily reality of the entertaining blood-sucking quartet.



Single-room-century What We Do in the Shadows in Alberta and you should go see it at the VFW Film Theatre this weekend.

Hungry for Baby
Musical/Sci-Fi

This 1960s-style sci-fi musical stars Jane Fong as a play-by-play sportscaster. She plays, whose dreams of running away with visiting her brother (Baby) are complicated by an alcoholic father and a mutant-causing chemical spill.

Regina Public Library Theatre
2301 Uthmaniyah, 306-777-6161.

To the Arctic 3D

Documentary
A mother polar bear and her twin seven-month-old cubs navigate the changing Arctic wilderness as they call home. They struggle to survive in a frigid environment of melting ice, immense glaciers, spectacular waterfalls and majestic

tic snowboard peaks. Narrated by Meryl Streep.

Hubble 3D

Documentary
Aboard space shuttle Atlantis in May 2009, astronauts documented five spacewalks to repair and upgrade the Hubble space telescope. Journey through distant galaxies to explore the procedure and mysteries of our celestial surroundings. Narrated by Leonardo DiCaprio.

Jerusalem

Documentary
A tour of one of the world's oldest cities, destroyed and rebuilt countless times over 5,000 years. The film follows three young Jerusalemites and their families — Jewish, Christian and Muslim — as archaeologists dig

Jodi Magnus explores some historical sites in the region. Narrated by Benedict Cumberbatch.

Powerless

2993 Powerhouse Dr.
306-529-6629

NEW MOVIES**Scout's Guide to the Zombie Apocalypse**
Comedy

Three boy scouts (Tye Sheridan, Logan Miller, Jay McInnerny) attempt to save their town from a zombie outbreak.

Our Brand Is Crisis
Comedy/Drama
An American woman well-versed

in political campaigns is sent to war-torn South America to help install a new leader. Starring Salma Hayek, Billy Bob Thornton, Zoe Lister-Jones.

Galaxy Cinema
420 McCordy St. N.
306-622-9056

Cinclair Odeon
Southland Mall Cinema
3029 Dundas St. W., 306-585-1383

Rainbow Cinema
Golden Mile Shopping Centre
3806A Albert St., 306-329-5253

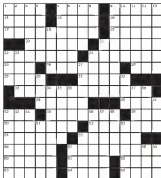
Film listings are also commonly posted online by QC. Listings will be posted if space permits. Please contact information for more details.

#CROSSWORD

NEW YORK TIMES Edited by MW Shorlin

ACTS 11

- 1 Employee
- 2 Compromiser? Barkle
- 3 There in San Jose
- 14 The "K" of San Francisco's K&M?
- 15 Country where flag has a dagger and two
- 16 Supremacy in a movie theater
- 17 Appetizer, usually?
- 18 Analyst
- 20 Guy tweets
- 21 Where you might spend dinner for citizens
- 22 Pass order
- 23 Exit row?
- 24 Exposed the Kelly Clarkson and Miley Cyrus
- 26 "The only Americans inventing a superfood (aka sorrel)" per H. L. Hunt
- 28 GPS part: Add
- 29 Apple (verb)
- 31 and/or mainly a sports broadcast
- 33 "I am not guilty" said
- 36 @sawdust, no



Playa de Mompuz 5, Mexico

DOWN

- [illegible]

- 43 "Bulldozer Meets de la Tule" for garden
- 44 Northern Arizona's trout
- 46 "The Institution Claims Subject"
- 47 V for
- 48 Alternative to a download
- 51 Big name in jewelry
- 53 thing up an embarrassing story about sex
- 55 One plus one
- 57 Dig do
- 58 Fast Company profile for short
- 59 Goodford Rating, Alike

JANUARY
CLASSIC
SEDAN

Leopoldo D'Amico

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution is the
promoted puzzle and
the book can be
found on Page 20



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FOOD

See a food trend you think deserves a highlight?
Email qc@leaderpost.com or visit QC on Facebook

COOKIE RECIPE

No reason to fear Monster cookies

By Renee Kohlman

In just a few days, ghosts, goblins, witches and Disney characters will be hitting up houses for candy. My house seems to be pretty popular among the young, costumed lot. That might be because a couple of years ago I ran out of candy (the good ones: Hershey chocolate bars) quite early in the game and had to tack into my stash at Lobl's trifles. You know the ones: Round disks of chocolate perfect for wrapping in blue, red and silver foil. Oy.

I was crashed, but the night was early and I didn't want to be one of those houses that turns off the lights and petrifies no one in home. So, the trifles, three at a time, landed into the pillowcases put before me by masked little ones. I'm sure the pie into eyeballs popped out of their heads when they saw what they could be eating on later that evening.

Last year I got crashed again, but came prepared, with the punks 100-piece box of candy at the ready. That year I assume will be no different and my fear of running out of candy has faded. But you know what it's all leading to? Y'know, in "Halloween Food" (aka the Pinterest search bar and fill-in-the-blank deep into that rabbit hole of sugar cookie recipes), fingers, baking and crescent dough "monster ears", decorated eggs with popping silver eyeballs, pumpkin-seed-spreading fourth-grader flip and Pinetester, mainly yellow pops. It's a staggeringly large of food coloring and candy corn. — one I'll leave to the Pinetester people.

This year's recipe is much more subtle, and just incredibly edible. I've even had bump hearts at it. Monster cookies are nothing to be afraid of — they are simply known to be loaded with all kinds of good stuff. Mine have honey, add-ins like large chocolate chips, chopped pecans (though you won't want that), pumpkin seeds (cardamom seeds would be great too), hemp hearts (flax seeds would be a great alternative) and, of course, those frost-free Reese's Pieces.

You could add whatever you have in your pantry as long as the amount is the same. To me, nuts and coconut are inherently evil, but if you like them go ahead and throw them in. Like any great cookie, they have slightly crispy edges and a buttery, sticky middle. I like to take mine out of the oven just as they are bubbling, so they'll cook a little longer while they remain cooling on the baking sheet. The longer you leave them in the oven the crisper they are going to get. I kind of love how the potent butter cookies melted and mingled with the nuts and seeds in every chewy bite. Served warm, with a glass of cold milk, it's a snack you're sure and pieces of all ages will be thrilled to eat this Halloween.

Monster Cookies

- > 1 cup all-purpose flour
- > 1 cup large flake oats
- > 1/2 cup baking powder
- > 1/2 tsp salt
- > 1/2 cup butter at room temperature
- > 1 cup granulated sugar
- > 1/2 cup dark brown sugar packed
- > 1 large egg
- > 2 tsp pure vanilla extract
- > 1 cup Reese's Pieces candies
- > 1 cup chopped pecans
- > 1 cup pumpkin seeds
- > 1 cup hemp hearts

Instructions

In a medium bowl, stir together the flour, oats, baking powder and salt in the bowl of a stand mixer. Cream together the butter and sugars until smooth, about 3 minutes on medium-high speed. Be sure to scrape the bowl a few times. Add the egg and vanilla and beat on medium-high speed for another 3 minutes, until it's light and creamy. You'll want to stop and scrape the bowl from sides and bottom a couple of times here too.

On low speed, add the flax, chocolate and mix just until it's all incorporated. Remove bowl from mixer and stir in the Reese's Pieces, pecans, pumpkin seeds and hemp hearts by hand. Scoop



Monster cookies with an added twist? Check. — by RENE KOLHMAN

or with plastic wrap and refrigerate dough for 30 minutes. Preheat oven to 300 F. Use a 1/2 cup measure or a large ice cream scoop and scoop out cookie dough onto 2 parchment-lined baking sheets, being sure to leave at least 2

inches of space between

cookies. You should get 6 cookies on each baking sheet. Bake one sheet at a time in the lower third of the oven for about 13-15 minutes, rotating baking sheet halfway through. Cookies

should be lightly golden around the edges. Remove from oven and let cool completely on baking sheets. Repeat process with second baking sheet. Makes 1 dozen cookies.

OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to quiltleaderpost@shaw.ca. One winner will be chosen each week.

Please send **high-resolution pictures** and include the **child's name** and **contact information**.



Last week's QC colouring contest winner was **Sherry Stephens**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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GARDENING

GARDENS IN IRELAND

Emerald Isle gardens worth a visit

By Sara Williams

Earlier this month, I returned from touring a garden tour of Ireland. We visited 10 Irish gardens, both public and private, ranging from landscaped estates of many acres to small urban holdings. More often than not, the owners toured us around, telling us the history of their gardens (and the trials and triumphs encountered along the way) and later devoted us to tea and scones — still warm from the oven. It's not easy to make choices, but here are a few that really stood out.

Heien Doherty's Garden (Dublin) is world famous and with good reason. Begun more than 40 years ago and evolving over time, it is well designed, perfectly groomed and contains many rare and interesting plants. You are first greeted by a lush forest natural of a conventional front garden. Where there was once a rectangular lawn, a canal (inspired by a visit to the Alhambra in Spain) is now flanked by herbaceous borders. Delphiniums are seen in their natural habitat. It is best seen in its entirety from the drawing room windows. But wandering the paths one becomes entranced with the detail of the plants and the design (excellent gardeners).

The Bay Garden (Wexford), begun in 1969 and privately owned consists of a series of diverse gardens that invitingly spill onto each other with ease and informality. The 3rd Border is gold, orange and red plants was dazzling in late September while the aptly named Funeral Border is a unique assemblage of flowers and foliage of dark purple to almost black. A significant number of these are under private conditions. Coral bells (anemone-like, double-coral bells) are used, double-coral bells, iris and butterfly. Most impressive was the Grass Garden — enormous billowing masses of beige, grey and brown around the

largest Joe Pye weed (change I've ever seen and contrasting with adorning glass umbrellas). The quiet informality of the walled Woodland Garden was a fitting close to our visit — sweeping beds of trees and shrubs underplanted with seasonal perennials (very thoughtful ones).

Belyssime Garden (Cork) was even better than it first seems. In the mid-2000s when I first visited it is both an ornamental and a working kitchen garden used by students of the Belyssime Cookery School that was founded by Doreen Allen in the early 1960s. There is an ornamental fruit garden with both unusual and familiar fruits; one acre of vegetables and herbs on dry, plastic, a Victorian inspired Potager of diamond and square vegetable and herb beds enclosed by beamed bridges and herringbone paths of old brick; a double permanent border leading to a Victorian style house with walls and ceiling encrusted with sea shells; a Celtic cross on which our intended guide became lost; and a willow or aspen (unlabeled) by a lagoon.

Elbowfield, an island garden of 11 acres located in Booter's Bay, was the private domain of Aileen Joyce and later bequeathed to its loved. Designed by Harold Peto, it was originally almost all barren rock. It took more than 100 years to move soil, plant trees and construct walls and other features from 1911 to 1914. Today visitors are invited to Peter's Hall, a small garden complete with a walled terrace, covered garden and a rectangular pool surrounded by a venerable collection of bonus, including a larch said to be 300 years old. The newly renovated walled garden contains a long permanent border. And the trees and shrubs (the Happy Valley house) is a large collection of mushroom-like and dandelions, once used to create and protect from rodents. A house



Aileen Doherty's Dublin garden. PHOTO BY SARA WILLIAMS

across to the island is by small ferryboats that pass puppy blood seals looking on the rocks (<http://www.gardenunited.com>).

Sara Williams is the author of the newly expanded and revised *Creating the Private Landscape: A Handbook for the Designer and the Student* (Pamphlet Press Park & Zoo, A. Photographic Memory Ltd. Home Press, leaving a garden tour of Ireland, here and in other parts of England and Ireland with about, Michael Elliott) in 2006. For more information contact Sara at sara@williamsdesign.com.

This column is provided courtesy of the Saskatchewan Horticultural Society (www.saskhort.org) or saskhort@shaw.ca. Check out our Bulletin Board or Calendar for upcoming garden information, seminars, workshops and more.



AND HORTICULTURAL SOCIETY. PHOTO BY SARA WILLIAMS

WINE WORLD

DR. BOOZE

Wagner family produces perpetually popular white

By James Romanow

If you drink popular California wines, you will have consumed at least one Wagner product in your life. Probably more. They are wine connoisseurs, experts at sorting the current taste. Wine Spectator adores their wines. Cayman is likely their most famous product. Missoni is their most recent triumph. But there's Belle Gies, Mer Soleil—the list of labels is long. The family also happens to be of German extraction, from the Rhine valley and that may explain why their greatest success is a white wine.

Meet Cosmopolis. They produce and sell more of it than all their other labels together. Despite a lightish price, it is perpetually popular, a constant seller, and if you've never tried it you should.

A blend of primarily Chardonnay and Viognier, sourced from all over California, it is remarkably fruity and firm. I don't know if the Wagners are due to the younger generation of Winemakers taking over the blending or if it is merely a reflection of the times. It has a level or texture that most whites and a fruitiness that some people may find too perfumed to suit their taste.

There is a white for people who either own Riesling Gewürztraminer or those who haven't worked it out yet. There isn't any Riesling in the blend.



or at least none the label will confirm to. However the wine content is at the current. Way more even spot of about 14 grams per liter. The flavor set is perfect for a pink cheap with apple sauce. If you've never tried Cosmopolis you should. You may discover you, too, are a secret fan of the Wagner clan.

Cosmopolis White 2010-2011 ***
Belle Dry Range on Monday and a tremendous lower known Spanish Wine here. Other stuff on Twitter @jamesromanow.

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